AMENDMENT TO THE ABSTRACT

Please amend the Abstract as follows:

An adjustable lighting apparatus having has a flexible arm and a fully rotatable head is disclosed, wherein one end of the flexible arm has a power connector and another end has a terminal fitting. The terminal fitting is attached with to a circular socket on the open end for assembling to assemble the head. The head has a lighting element installed inside and a plug-in portion at one end. When the head and the flexible arm are joined together, the head can be rotated around for in a full circle to adjust the light to a desired position and projection angle without difficulty. This unique design can prevent an awkward situation that the support arm might interfere with the light path and the undesired shifting of the lamp position as a result of the inherent elasticity of the flexible arm.